

WHAT IS MAGNESIUM and WHY MAGNESIUM CHLORIDE

Transdermal Magnesium Therapy -After Calcium, phosphorus and potassium, magnesium is the fourth most abundant mineral in cells. The 2 ounces or so found in the typical human body is present not as a metal but as magnesium ions, positively charged magnesium atoms found either in solution or complexes with other tissues, such as bone. Roughly one quarter is found in muscle tissue and three-fifths in bone; but less than 1% of it is found in blood serum. It is an essential trans membrane and intracellular modulator of cellular electrical activity. As such, its deficiency in the body is nothing short of disastrous for cell life. Magnesium is the single most important mineral for facilitating smooth metabolism in the cells.

Magnesium is necessary for the metabolism of carbohydrates, fats and amino acids. It is essential for the functions of muscles and nerves and for the formation of bones and teeth. Generally it counteracts and regulates the influence of calcium.

There are basically two classes of minerals: micronutrients, which are only needed in trace amounts and macronutrients, of which we need fairly significant amounts. Magnesium is a mineral we need fairly large quantities of.

Dr. Dean -Magnesium is a particularly crucial element for mediating the vital functions of the nervous and endocrine systems; it helps maintain normal muscle and nerve functions, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. Enzymes are protein molecules that stimulate every chemical reaction in the body. Magnesium is required to make hundreds of these enzymes work.

TMT- Magnesium is required for the body to produce and store energy. Without magnesium there is no energy, no movement, no life. Magnesium is essential in regulating central nervous system excitability.

Tony Isaac -Very few people are aware of the enormous role magnesium plays in our bodies. After oxygen, water, and basic food, magnesium may be the most important element needed by our bodies, activating over 300 different biochemical reactions necessary for your body to function properly. The U.S. minimum RDA for magnesium is about 320 mg per day for women and more than 400 mg per day for men, while optimum daily amounts are closer to 500 to 700 mg per day -yet studies show that most people regularly take in about half of that and that over 8 out of 10 people do not take enough daily magnesium for even the minimum daily amounts recommended. Recent research has revealed that this lack of magnesium may put your heart -and your health -at significant risk.

Bill Johnston -Magnesium is a basic mineral of the Earth, and indeed of our bodies. Doctors say it is the key element in our cells that transports electrical signals throughout our nervous system. Magnesium is necessary for the production of over 325 important enzymes we produce, used for cell creation and other aspects of normal functioning. It is also

needed by muscles to operate properly. Muscles contract and relax. Magnesium is needed to properly relax. Our heart is one big muscle and our arteries have smooth muscle lining the pathways.

When we are low on magnesium, too much calcium is allowed to enter our cells, causing many problems. Without sufficient levels of daily magnesium, our cells become over-calcified, our arteries harden, and our heart doesn't work efficiently. Over calcification also causes our bones to become brittle. And the list goes on and on. Our bodies require magnesium, just as we require air to breathe. Hundreds of studies worldwide have linked magnesium deficiency to Heart Disease (America's #2 killer), Diabetes, Hypertension, Depression, and many other modern illnesses.

A compelling quote attests to this: "Most modern heart disease is caused by magnesium deficiency, A vast and convincing body of research, largely ignored, has convinced us and many colleagues of this fact," -Dr. Mildred S. Seelig, MD, MPH, author of "The Magnesium Factor,"

The type of magnesium within the oil is magnesium chloride. Recent studies have indicated that magnesium chloride may be the most "human friendly" of all magnesium supplement forms available. Since magnesium chloride is the type of magnesium most abundant in seawater, the original source of all life on Earth, it follows that magnesium chloride would be recognized by our bodies as something natural and be easily assimilated.

Walter Last -Using other magnesium salts is less advantageous because these have to be converted into chlorides in the body anyway. We may use magnesium as oxide or carbonate but then we need to produce additional hydrochloric acid to absorb them. Many aging individuals, especially with chronic diseases who desperately need more magnesium cannot produce sufficient hydrochloric acid and then cannot absorb the oxide or carbonate. Epsom salt is magnesium sulphate. It is soluble but not well absorbed and acts mainly as a laxative. Chelated magnesium is well absorbed but much more expensive and lacks the beneficial contribution of the chloride ions. Orotates are good but very expensive for the amount of magnesium that they provide and both orotates and chelates seem to lack the infection-fighting potential of the magnesium chloride.

Dr. Shealy -Magnesium chloride, when applied directly to the skin, is transdermally absorbed and has an almost immediate effect on chronic and acute pain. Transdermal magnesium therapy is also ideal for athletes who need high levels of magnesium. Oral magnesium is much less effective than transdermal magnesium in the treatment of injuries and tired worn out muscles. Perhaps the biggest difference between oral and transdermal supplementation of magnesium is seen in the area of pain management. Most importantly is the fact that only through transdermal application does the master hormone DHEA shows increases.

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